



AMENDMENTS

In the Claims

Please amend claims 1, 2, and 15 and add new claims 48-52, as follows:

1. (Currently Amended) A personal lifting aid comprising:

~~an elongated member of rigid material, said elongated member being~~
substantially linear, said elongated member having an upper and a lower end;

B₁ ⁴ an anchor pad, wherein the anchor pad has at least one extension ^{? NEW}
extending outwardly from said anchor pad, wherein said at least one extension is
capable of being stepped on by an associated user from the front and the back;
and, ^{MA 2003}

a pivotable neck operatively attached to said anchor pad, said
pivotable neck adapted to receive said lower end of said elongated member]; and,
a palm grip operatively attached to said upper end of said elongated
member].

2. (Currently Amended) The personal lifting aid of claim 1, further
including at least a first hand grip operatively attached to said elongated member,
and a palm grip operatively attached to said upper end of said elongated member.

3. (Original) The personal lifting aid of claim 2, wherein said at least first
hand grip is slidably positioned on said elongated member.

4. (Original) The personal lifting aid of claim 3, further including a second
handgrip slidably positioned on said elongated member.

5. (Original) The personal lifting aid of claim 3, further including a third
handgrip slidably positioned on said elongated member.

6. (Original) The personal lifting aid of claim 3, wherein a tack and hold
material is used to slidably position said at least first hand grip on said elongated
member.

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7. (Original) The personal lifting aid of claim 1, wherein said anchor pad and said pivotable neck are comprised of a single piece of polymeric material.

8. (Original) The personal lifting aid of claim 1, wherein said anchor pad has a bottom surface with raised rings.

9. (Original) The personal lifting aid of claim 1, wherein said anchor pad has a bottom surface with inverted rings.

10. (Original) The personal lifting aid of claim 1, wherein said anchor pad is adapted to be anchored to a floor when a foot of a user is positioned on said anchor pad.

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11. (Original) The personal lifting aid of claim 1, wherein said elongated member is a substantially uniform cylindrical pole.

12. (Original) The personal lifting aid of claim 1, wherein said elongated member has a Y shaped reinforcement.

13. (Original) The personal lifting aid of claim 1, further including a strap operatively attached to the upper end of said elongated member.

14. (Original) The personal lifting aid of claim 1, wherein said elongated member is capable of being adjusted to varying lengths.

15. (Currently Amended) A personal lifting aid comprising:
an elongated member of rigid material, said elongated member being substantially linear, said elongated member having an upper and a lower end;
an anchor pad, said anchor pad being adapted to be anchored to a floor when a foot of a user is positioned on said anchor pad, wherein the anchor pad has at least one extension extending outwardly from said anchor pad, wherein

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said at least one extension is capable of being stepped on by an associated user from the front and the back; and,

a pivotable neck operatively attached to said anchor pad, said pivotable neck adapted to receive said lower end of said elongated member.

16. (Original) The personal lifting aid of claim 15, further including at least a first hand grip operatively attached to said elongated member.

○ 17. (Original) The personal lifting aid of claim 16, wherein said at least first hand grip is slidably positioned on said elongated member.

18. (Original) The personal lifting aid of claim 17, further including a second handgrip.

B₁ 19. (Original) The personal lifting aid of claim 17, further including a third handgrip.

20. (Original) The personal lifting aid of claim 17, wherein a tack and hold material is used to slidably position said at least one hand grip on said elongated member.

21. (Original) The personal lifting aid of claim 15, wherein said anchor pad and said pivotable neck are comprised of a single piece of polymeric material.

22. (Original) The personal lifting aid of claim 15, wherein said anchor pad has a bottom surface with raised rings.

23. (Original) The personal lifting aid of claim 15, wherein said anchor pad has a bottom surface with inverted rings.

24. (Original) The personal lifting aid of claim 15, further including a palm grip operatively attached to said upper end of said elongated member.

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25. (Original) The personal lifting aid of claim 15, wherein said elongated member is a uniform cylindrical pole.

26. (Original) The personal lifting aid of claim 15, wherein said elongated member has a Y shaped reinforcement.

B₇ 27. (Original) The personal lifting aid of claim 15, further including a strap operatively attached to the upper end of said elongated member.

28. (Original) The personal lifting aid of claim 15, wherein said elongated member is capable of being adjusted to varying lengths.

Claims 29-47 (Cancelled)

New claims 48-51

48. The lifting aid of claim 1, wherein the anchor pad is designed such that an associated user's foot can extend beyond the elongated member when in use.

7 49. The lifting aid of claim 1, wherein said lower end of said elongated member is substantially flush with said anchor pad, and said anchor pad is substantially flush with the floor when in use, and said anchor pad is substantially anti-slip.

50. The lifting aid of claim 15, wherein the anchor pad is designed such that an associated user's foot can extend beyond the elongated member when in use.

51. The lifting aid of claim 15, wherein said lower end of said elongated member is substantially flush with the anchor pad, and said anchor pad is substantially flush with the floor when in use, and said anchor pad is substantially anti-slip.

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52. The lifting aid of claim 1, wherein said lower end is above the top of said anchor pad.

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